



Sligh Middle Magnet

Grade 7/8: Sports Medicine Courses



In this course students will learn:

- Speed training, endurance training, Zumba/Yoga Training...etc.
- How to read, write and participate in training programs and track their progress
- Exercises & the complex muscle movements used to enhance performance
- Nutrition and its role in sports performance
- How to tweak and manipulate workout programs for specific outcomes
- Learn all exercises that activate and build each major muscle group
- Utilize our new workout facility